

NIGHT SHIFT TRAIL RUN

LCCM'S 2nd Annual Night Trail 5K to

Feed the Need

FRIDAY APRIL 8, 2016 AT YMCA CAMP SHAND



THIS 5K TRAIL RUN "UNDER THE STARS"
BENEFITS THE FOOD BANK OF LEBANON
COUNTY CHRISTIAN MINISTRIES

The Night Shift Trail Run
will challenge your
agility and endurance
as you run
Through the Woods,
Into the Creek,
Over Obstacles,
and In the Mud.

EVENT DETAILS

Date: Friday, April 8, 2016

Start/Finish: YMCA Camp Shand
100 Penryn Lane
Lebanon, PA 17042

Schedule: 6:30 pm - Registration Opens
8:00 pm - Trail Run Begins

Awards Presentation and **Bonfire with Hotdogs & S'mores**
immediately following the end of the run.

Age Groups: 19 & Under 20-29 30-39
40-49 50-59 60 & Over

Awards: Overall Male & Female finishers
Overall Male and Female Master (40 & Over)
Top 3 Finishers in Each Age Group

Professional Timing Services by Pretzel City Sports
Race results will be posted on www.pretzelcitysports.com

For more race information go to www.lccm.us or contact the
Race Director, David Funk at 717-269-2021 or email
dfunk@funkconstruction.com.

Entry Fees: On or Before 3/8/16: \$30
After 3/8/16: \$40

To Register, complete the form below and send it along with your
payment to: LCCM, 250 S. 7th St., Lebanon, PA 17042.

OR register **online** at pretzelcitysports.com.
Online registration will close at 11:59 pm on 4/6/16.

**Pre-Register by March 8, 2016. ALL Pre-Registered
Participants will receive a Reflective Race Shirt.**

Race day registration will open at 6:30 pm and close at 7:45 pm.

Shirts will be available to race-day and late registrants,
while supplies last.

No refunds will be made for any reason.

Directions: Camp Shand, 100 Penryn Lane, Lebanon, PA 17042.

- From Lebanon or points North: take Rt. 72 South to Rt. 322 East. Turn Right onto Penryn Lane.
- From the South: take Rt. 72 North to Rt. 322 East. Turn Right onto Penryn Lane.

**Don't Forget to Bring A Headlamp or Flashlight!!
Glow sticks will be provided, while supplies last.**

REGISTRATION: Complete this portion. Detach and mail along with check for amount due. Please add \$10 for registrations after March 8th. All Pre-Registered Participants receive a Reflective Race Shirt. Please make checks payable to LCCM (earmarked Trail Run).

Name _____ Address _____

City _____ State _____ Zip _____ Phone _____

Email Address _____ Age (as of April 8, 2016): _____

Date of Birth _____ Male _____ Female _____

T-Shirt Size (circle one)
Adult Male: S M L XL XXL
Adult Female: S M L XL XXL

WAIVER/RELEASE: I, the undersigned, for myself, and/or minor child, hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to LCCM, Arthur Funk & Sons Inc., YMCA Camp Shand, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the trail; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions for this event. **I also understand and accept that there are NO refunds for this event.**

Signature _____ Date _____
(Parent or Guardian's Signature if under 18 years of age)

Please Make Checks Payable to LCCM, earmark "Trail Run Registration", and mail to: 250 South 7th Street, Lebanon, PA 17042